



## PROGRESSIVE SKIN PEEL – MODERATE & INTENSE

### Pre-Peel Instructions

- Contact lenses cannot be worn during chemical peels. Please remove prior to your appointment.
- If you are prone to cold sores, you will need a prescription from your physician for an antiviral medication to avoid a post treatment outbreak. It is recommended to begin prophylaxis **two (2) days** prior to peel treatment and continue for 5 days after peel.
- Discontinue use of over the counter Retinoids, Retinol, Glycolic and other Alpha Hydroxy Acids, Salicylic or Beta Hydroxy Acids, or other exfoliation products **three (3) days** prior to treatment.
- Discontinue use of prescription Retinoid products (Retin-A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin), other prescription Retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **30 days** prior to treatment.
- No waxing, electrolysis, other hair removal products or methods for **seven (7) days** prior to treatment. No Botox, collagen or other dermal filler injections within **seven (7) days** prior to treatment.
- Do not use self-tanning agents for at least **48 hours** prior to treatment.
- It is very important to follow all pre-treatment skin conditioning home care product recommendations as instructed by your technician. Optimal results are achieved by following a home care regimen that will enhance the peeling process.

### PRE-TREATMENT SKIN CONDITIONING REGIMEN

| AM     | PM        |
|--------|-----------|
|        |           |
|        |           |
|        |           |
|        |           |
|        |           |
|        |           |
|        |           |
|        |           |
| WEEKLY | ANCILLARY |
|        |           |
|        |           |
|        |           |

**NOTES:**